

## July Wellness Leadership Minutes

Tuesday July 13<sup>th</sup> 9am

In Attendance: Theresa, Courtney, Brian, Mary Claire, Kris, Brenton

1. Approve May Minutes – approved unanimously. Mary Claire will take minutes in October. It was recommended for future meetings a Zoom option continue to be in place.
2. Report on Spring Fling Challenge: Awards Ceremony and Look Ahead to Fall Fitness – The awards ceremony was held Tuesday, June 8 at 9:00 via zoom. The turn out for this event was not great. We liked the idea of continuing to offer this event virtually and confirmed that a brown bag breakfast was unnecessary. In future, recommend doing the Zoom meeting as an invite where participants hit “Accept” so that they will get a reminder about the event. Staff who “wins” this event receives a crown as the King, Queen, or other monarch of the event and gets to keep the award in contrast to the traveling bragging rights trophy. For the Fall Fitness Challenge the focus is on strength. Discussion of prizes including tying prizes more to fitness. It is recommended for the fall challenge we get a set of strength bands for each department that does not have a gym rather than one band for individual participants. This way staff can trade resistance as they get stronger and it opens up the use of these prizes to more people along with getting them at the start of the event to use in the challenge. We will also want to provide a poster for instructions in use of the bands.
3. Report on Webinar: Increasing Personal Resilience, Thursday, May 20, 12-1pm. – Theresa was not as impressed with this webinar as our previous webinars. Recommended to change name of webinar section on the portal to “Wellness Webinars” instead of “Lunch and Learn” to better define what is in this section. Some departments have issues of staff being able to view these during working hours as they don’t have easy access to wifi.
4. Report on June challenge: New Habit challenge – The “8 Weeks to a New You” habit challenge was slimed down to this one month challenge as the Spring Fling returned this year. Shannon McLean (library) was very happy with her success and has stopped biting her nails. She shared a photo of her new decaled digits. Many enjoy this challenge as it can be used for self-examination and a focus on a personal goal. Feedback from challenges are always appreciated as we can use that information to continue to make our future programs more impactful.
5. July challenge: Eat with Color, weekly emails – Review of ongoing challenge. It is too late to start at this point if you have not already done so.
6. August challenge: Water challenge – Review of calendar a few spots in instructions where 30 will shift to 31 for the number of dates in the month.
7. Report on Anthem Annual report – There is a push to look at prevention measures that were not completed last year due to the ongoing pandemic (ex. Colonoscopies, mammograms). Anthem reviewed that Sydney, their app, can do health pushes including to dependents. It was recommended we see if Anthem could do a webinar on Sydney and/or get more information on what employees can get out of the app beyond

having a link to their ID card. Naturally Slim changed their name to Wondr as we have offered this program 2 years in a row it was brought up as an idea for next year to possible switch to the other program Anthem offers on diabetes. Also consider putting together a challenge to help staff work on their sleeping patterns.

Next Meeting: Tuesday August 3<sup>rd</sup> 9am Conference Room